

**AMENDMENTS TO THE ABSTRACT:**

Please amend the Abstract as follows:

The present invention employs training sequence hopping in a cellular communications system to permit tight frequency reuse by minimizing or avoiding co-channel interference and/or other signal degrading phenomena. During a first portion of a transmission, e.g., a first burst, a first training sequence is used. During a second portion of that transmission, e.g., a second burst, a second different training sequence is used. Different training sequences are used for different portions of the transmission according to a predetermined training sequence hopping pattern and with a predetermined number of training sequences. The portion ~~during~~duration can extend for the length of a burst, for more than one burst, for a speech frame, or for some other time period.